24-hour dietary recall   Date: _____   Time:_____   Participant name (or study ID): _____

Meal	Time	Place (to jog their memory)	Detailed description of food and drink	Brand/Product name and/or how prepared	Amount (serving size)
Breakfast					
Morning tea					
Lunch					
Afternoon tea					
Dinner					
Dessert					
Supper					
Other (snacks, supplements, 'forgotten foods'					

Was the amount of food that you had in the previous 24-hours about what you usually have, less than usual, or more than usual?

☐ Usual amount ☐ Less than usual ☐ More than usual ☐ Don't know

Estimation of food and beverage serving sizes:
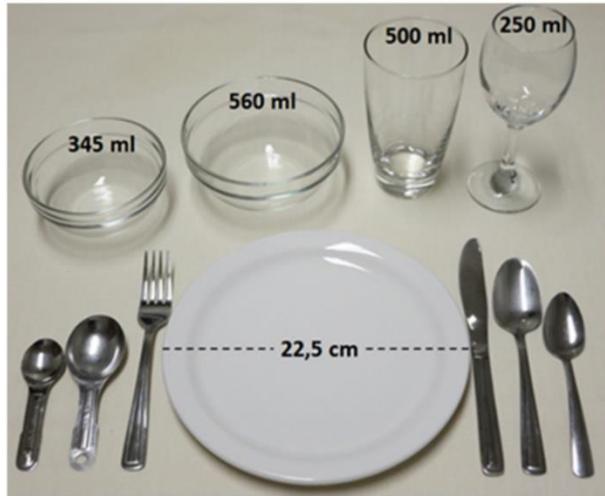
* Quantify *raw/whole food items* using:

   number and size of item (e.g. small, medium, large apple)

   weight of item (e.g. 100g grapefruit)

   household measures (e.g. cup lettuce)

* Quantify *cooked/mixed food items* using:

   household measures (e.g. cup, teaspoon, tablespoon)

   metric measures (e.g. 420g tin soup, 28cm pizza, 10cm pie, 15cm roll, 16x11x3cm container)

* Quantify *beverages* by:

   volume of can/bottle/glass used (e.g. 250ml)

   household measures (e.g. cup)
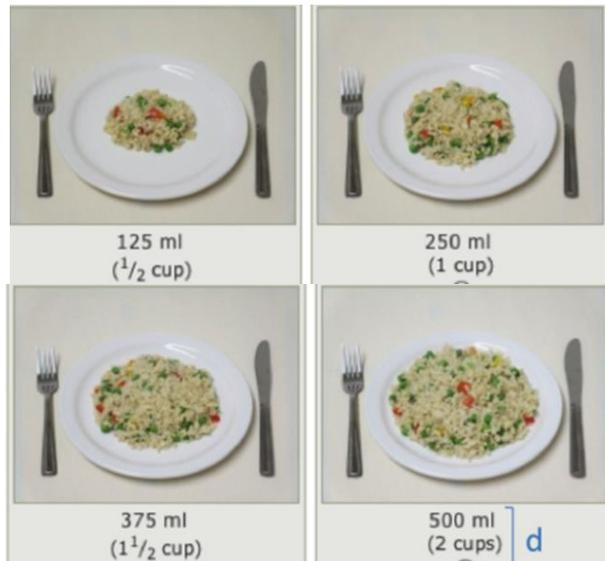
Fruit and vegetable serving sizes